



## NATURAL KITCHEN

# BREAKFAST - BRUNCH

### **RASPBERRY CHIA POT (VEGAN,GF)**

almond milk & raspberry infused chia seeds  
w/ fresh strawberries, blueberries and bananas 6.95

### **GLUTEN & DAIRY FREE JUMBO OAT & QUINOA PORRIDGE (V,GF)**

w/ banana, fruit compote OR super seeds with Maple syrup 5.75

### **GLUTEN FREE GRANOLA WITH GREEK OR COCONUT YOGHURT (GF)**

fruit compote, maple syrup, organic gluten free granola 6.75/7.75

### **HOMEMADE VEGAN BUCKWHEAT, ALMOND MILK & BANANA PANCAKES**

topped w/ fruit compote & coconut yoghurt 7.95

### **EGGS BENEDICT WILTSHIRE GAMMON HAM, CRISPY PANCETTA, BABY SPINACH,**

POACHED FREE RANGE EGGS & HOLLANDAISE SAUCE ON TOASTED MUFFIN 10.95

### **EGGS CYPRUS (V) HOMEMADE GUACAMOLE, CRISPY CYPRIOT HALLOUMI CHEESE, SUPER SEEDS,**

FREE RANGE POACHED EGGS & HOLLANDAISE ON TOASTED MUFFIN 10.95

### **EGGS ROYALE SMOKED SALMON, FRESH DILL, BABY SPINACH,**

POACHED FREE RANGE EGGS & HOLLANDAISE SAUCE ON TOASTED MUFFIN 11.95

### **NK ENGLISH BREAKFAST 12**

Free range Pork sausage, smoked bacon rashers, free range fried eggs, giant baked beans, mushrooms, slow roasted tomato w/ sourdough toast

### **NK VEGETARIAN BREAKFAST 12**

Grilled Halloumi cheese, guacamole, scrambled free range eggs, giant baked beans, mushrooms, slow roast tomato w/ sourdough toast

### **NK VEGAN BREAKFAST 12**

Sweet potato, vegetable and super seed hash, giant baked beans, mushrooms, tofu & sun-dried tomato scrambled 'not eggs' slow roast tomato, homemade guacamole w/ sourdough toast

### **AVOCADO GUACAMOLE ON TOAST 8.95**

w/ baby spinach, cherry tomatoes, super seeds & fresh chilli on sourdough toast

### **MUSHROOMS & BLACK TRUFFLE 7.95**

pan-fried mushrooms & black truffle oil w/ garlic  
& fresh thyme on sourdough toast

### **OMEGA 3 BREAKFAST (GF)**

smoked salmon, guacamole, free range scrambled eggs & super seeds and toast 10.95

### **FREE RANGE POACHED EGGS & HOMEMADE GUACAMOLE (V)**

vine ripened tomato, baby spinach leaves, fresh chilli,  
organic rye toast 9.75 ADD SMOKED SALMON £3.5

### **BLT**

smoked dry cure Bacon, baby gem Lettuce vine ripened Tomato & on rustic ciabatta

7.95 ADD FREE RANGE FRIED EGG .95P

### **FARMHOUSE OMELETTE 9.5 EGG WHITE OMELETTE 9.75**

smoked salmon & dill/Chorizo & cheddar/mushroom & baby spinach

### **SOURDOUGH TOAST**

w/ your choice of jam, marmalade, Peanut butter or Marmite 3.95

*A TEAM EFFORT!*

*A discretionary 12.5% service charge is added to all bills which is distributed to all team members in addition to their normal pay.*

# TEA & INFUSIONS

## NATURAL KITCHEN ORGANIC TEA

ENGLISH BREAKFAST/ EARL GREY/ GREEN/ CAMOMILE

INFUSIONS - FRESH LEMON & GINGER OR FRESH MINT POT 3.25

## COFFEE

### ORGANIC & FAIRTRADE

NATURAL KITCHEN SUPPORTS THE WORLD LAND TRUST  
OUR COFFEE IS 100% ARABICA

Americano	2.95
Latte	3.25
Cappuccino	3.25
Espresso/Macchiato	1.95/2.25
Flat White	3.0
Chai Latte	3.5
Hot Chocolate	3.5
Mocha	3.5

WE OFFER ORGANIC SKIMMED, HALF & HALF, FULL COWS, SOYA & ALMOND MILKS

## JUICES

FRESHLY PRESSED ORANGE 4.5

FRESH SQUEEZED APPLE 4

ORGANIC CRANBERRY 4.5

ISLE OF WIGHT SPICY TOMATO 4

## SUPER SMOOTHIES 5.95

### CLEANSE (99KCAL)

Cucumber/Mint/Lemon/Spinach/Ginger

### GREEN MACHINE

Apple/Spinach/Kale

### ANTIOXI

Apple/Berries/Currants/Banana

### OMG

Orange/Mango/Ginger

### RECHARGE

Apple/Carrot/Orange/Ginger

#### ALLERGEN NOTICE

*Some dishes may contain nuts or traces of nuts.  
Full allergen matrix available on request.*

